



WHATSheATE



## Where's Waldorf? Salad with My Friend Izzy's Epic Dressing



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



475 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 head boston lettuce
- ☐ 1 heart celery with greens, wiped clean and chopped
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons optional: dill fresh finely chopped
- ☐ 2 gala apples seeded chopped

- ☐ 0.5 teaspoon ground cardamom
- ☐ 3 tablespoons honey
- ☐ 1 juice of lemon juiced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 cup grapes split red seedless
- ☐ 0.5 onion red thinly sliced
- ☐ 4 servings salt and pepper
- ☐ 1 cup walnut halves whole

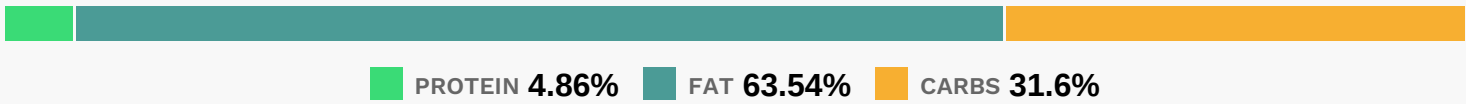
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

## Directions

- ☐ Toast nuts in a small skillet over moderate heat in a small pan until aroma develops and nuts crisp a bit, 5 to 6 minutes. Set aside to cool.
- ☐ Combine walnuts, celery, onion, grapes and apples in a medium bowl.
- ☐ Whisk lemon juice, honey, vinegar, cardamom, dill and mustard, then whisk in extra-virgin olive oil in a slow stream. When oil becomes incorporated stream in cream, then season the dressing with salt and pepper, to taste.
- ☐ Dress salad and adjust salt and pepper, to taste. Use 2 large lettuce leaves per serving to form a bed for the salad.

## Nutrition Facts



## Properties

Glycemic Index:75.32, Glycemic Load:13.85, Inflammation Score:-8, Nutrition Score:16.207826096726%

## Flavonoids

Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

Nutrients (% of daily need)

Calories: 475.19kcal (23.76%), Fat: 35.74g (54.98%), Saturated Fat: 5.46g (34.12%), Carbohydrates: 39.98g (13.33%), Net Carbohydrates: 34.42g (12.52%), Sugar: 30.58g (33.98%), Cholesterol: 8.48mg (2.83%), Sodium: 237.67mg (10.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.3%), Manganese: 1.27mg (63.7%), Vitamin K: 61.38µg (58.46%), Vitamin A: 1602.63IU (32.05%), Copper: 0.56mg (28.23%), Fiber: 5.56g (22.24%), Folate: 70.7µg (17.67%), Vitamin E: 2.58mg (17.18%), Magnesium: 64.73mg (16.18%), Vitamin B6: 0.3mg (14.83%), Phosphorus: 148.06mg (14.81%), Vitamin C: 11.87mg (14.39%), Potassium: 478.24mg (13.66%), Vitamin B1: 0.18mg (12.1%), Iron: 1.91mg (10.61%), Vitamin B2: 0.15mg (8.97%), Zinc: 1.18mg (7.87%), Calcium: 69.4mg (6.94%), Selenium: 3.04µg (4.34%), Vitamin B5: 0.39mg (3.92%), Vitamin B3: 0.73mg (3.63%)